

Trinity Family Film Guide  
(For use by Families or in Small School/Church Groups)

# *How to Train Your Dragon: The Hidden World*

## Freedom in Friendship

*With the help of How to Train Your Dragon: The Hidden World, we will be exploring the powerful role of friendship to help us all be free. The film's main character, Hiccup, needs the help of his friends to help him be heard, help him remember what's true about himself, and in the end to help him win the day. We can all find freedom in friendship, but it will probably cost us something.*

Duration: 2-3 hours with activities. Can be split into multiple segments as needed.

Materials Needed: Kazoos, Small craft mirrors, craft skeleton keys (Cost for all these things is minimal online.) cardstock, paper, markers, hot glue, other crafting supplies, one soft dodgeball.

Recommended Movie Snack or Meal: S'mores – fire roasted marshmallows would make the perfect accompanying snack – even if toasted over a candle. If you can't do this, make them in the microwave or oven for a bonus treat.

View it with a Twist (optional): Set the mood nicely with firelight for this movie with Vikings and dragons. Try candlelight, or go really big with a campfire setting. If you are in a public building and can't do either, try some fake candles or torches.

### **Note to Parents/Adults about Film Guides:**

Movies are a great way to relax and spend time together as a family/group. With a little intentionality, we can make them a special place of connection and growth, as well as a joyful viewing experience. Every Family Film Guide focuses on one theme and seeks to walk adults through engaging their family/group in a growth experience around that theme. For some families/groups, these conversations might seem scary and even awkward, but take courage knowing you are setting the norm of connection and a learning heart in each of your children. If your kids seem too young or too “cool” to participate in some of these things, then at least let them see you participating. They will catch on or warm up. Also, make sure not to underestimate them. Give them plenty of opportunity to participate.

### **Parental Warning for *How To Train Your Dragon*** (Parent Discretion Recommended for Young Children)

*How To Train Your Dragon: The Hidden World* is a very dramatic and violence-filled movie. The villain is a pretty scary character and though the scenes are not paired with too terrifying of music, the frequent fighting and fleeing can certainly be intense.

### **Before Starting:**

Make sure you have read through the entire guide before starting the movie. Gather your supplies and your courage before starting. If you feel rushed going into it, slow down and just pick one or two activities to do.

Then just enjoy the movie. It is better to do something well than to stress or rush through the whole thing. Plan further ahead for the next one if necessary, but **don't forget to enjoy this special time with your kids!**

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### **Pre-Movie Exercise:**

Introduction: As adults, introduce the movie (with whatever disclaimer you might want to make for potential scary scenes) with the theme of "Freedom in Friendship."

Share: Have everyone share a story about a time when they were a good friend to someone else.

Just for Fun: Get the group in a circle. Pick someone to go first. Play will then proceed in a clockwise direction. As an entire group say out loud, "We love our friends . . ." while clapping twice for each word. The first player then shouts a name of one of their friends before the beat of two hand-claps is over, followed by the next person in the circle, on and on. Players need to be ready with a name and are out if they do not speak before the two-claps are over. When a player is out, the game starts over with the next player, but the entire group kicks the round off again by saying, "We love our friends . . ." The game ends when only one person is left who hasn't either paused when it was their turn or repeated a name. The goal is not to see who has the most friends, but to celebrate our friendships, and test our minds for quick thinking.

### **First Intermission:**

*(31 minutes, 10 seconds—after chapter 7 on scene selection, Hiccup announces his plan to move)*

*"Hear him out!"*

Think and Prepare: In the scene we just watched, Hiccup announced a controversial plan to move his community out of their native home. Everyone started to grumble until Astrid stood up for her friend, slamming her ax into the table and demanding everyone, "Hear him out!" We all have friends in our lives who needed our help to get their voice heard. We are going to take some time individually to think of one person who we can be an advocate for and make a plan for getting their voice heard. It could be a person we know who is shy or lonely or someone who gets picked on a lot. It could be a person with a really great idea who needs someone to help get other people's attention to hear that idea. Follow the steps below to be a friend who helps someone else get heard.

*Step 1:* Have everyone take a few moments to think of a person who they can help be heard. If children are very young and this is a confusing concept, then have them think of a person whose voice they really appreciate in their life.

*Step 2:* Have everyone make a plan for how they are going to help this person's voice be heard.

*Step 3:* Give everyone a piece of paper and writing utensil and have them write a note and/or draw a picture to encourage that person they've been thinking about and their voice.

Listen: Have everyone find a quiet place with their letter while you play the song "Letter" by the Newsboys. The song is about an encouraging letter written to someone who needs help. Have everyone just think/pray about the recipient of their letter as they listen.

### **Second Intermission:**

*(1 hour 1 minute, 26 seconds—after chapter 13 on scene selection – Astrid picks up Hiccup on her dragon.)*

“Help him realize the truth.”

Activity: Truth Trap—(Goal): All of us need help at times remembering what is true about us. Sometimes, when we’re really confused or stressed or scared, like Hiccup in the movie, we need friends, like Astrid, to come and rescue us with the truth. We are going to play a game to encourage the people in our group with what is true about them.

*Step 1:* Create a “trap” of some kind in the center of the room. It could be a chair. It could be a pile of pillows, a gym mat, anything which signifies a trap.

*Step 2:* Get one soft ball which can be thrown at people. Have everyone spread out. Start by throwing the ball high into the air. The group is now playing dodgeball with one ball. Anyone who gets hit by the ball without it bouncing goes into the trap. The person who threw it takes them there as their loving prisoner.

*Step 3:* Once someone is in the trap the rest of the group takes turns shouting out positive things which are true about them. The goal is to “Help him/(her) realize the truth.” You can either go until people run out of things to say, or go for a time limit, or declare that each person needs 5 or 10 or whatever truths to be set free. Decide this based on the involvement of your group.

*Step 4:* Once the person’s turn is done in the truth trap, they get to start the next round by throwing the ball at someone from the truth trap. The ball is live as soon as it goes out, until someone is hit and put into the truth trap again. Once someone has gone, they can no longer be put into the truth trap. Play until everyone has a turn.

### **Post-Movie Exercise:**

“I was so busy fighting for a world that I wanted, I didn’t think about what you needed.”

#### Activate: Freedom Friend Craft

In the movie Hiccup had to realize that in order to be a friend to Toothless, he needed to give him a freedom that was different than what Hiccup would have liked. True friends help make the people in their lives freer than they would be without them. Sometimes this means paying a large price for our friends. Hiccup was willing to die to save Toothless. We help our friends get their voice heard. We help them remember the truth about them. And we help them live in freedom. Despite the cost.

*Step 1:* Have each participant begin by picking a friend or family member they want to promise to be a Freedom Friend for. A “Freedom Friend” helps others get heard, helps them remember the truth, and helps them find freedom.

*Step 2:* Have construction paper, cardstock, markers, hotglue, ribbon, and other craft supplies available for crafting.

*Step 3:* Give everyone a kazoo (to represent voice), a mirror (to represent the truth about one’s self), and a key (to represent freedom).

*Step 4:* Have everyone create a craft gift highlighting these three items, which will be given to their friend. Either let everyone go free to create with these items or provide a starting point.

*One starting point would be to give everyone a small piece of cardstock. They could then hot glue the mirror to the cardstock and use ribbon to tie the kazoo and key to the paper with hole-punched holes (this will allow the kazoo to be played and the key to hang free). Then have them write the below quote on the craft, and personalize it with a note to their friend or family member and any other personal touches they might add.*

Family/Group Statement:

*Step 1:* Say the following out loud as an entire group:

*“Hear them out. Help them realize the truth. Help them to freedom.*

*Step 2:* Thank yourself (from us) for making your family/group movie time “A Trinity Family” movie time!

Created by: Andrew Wiens and A Trinity Family

A Trinity Family is here to help you make the most of your moments and to seize the days you have to influence children.

Check us out at **[ATrinityFamily.org](http://ATrinityFamily.org)**

